



**OWENSBORO
PARKS &
RECREATION**

T-BALL LEAGUE

**Parent, Coach, and Player
Handbook**



Welcome...

Dear Parents,

Welcome to the Owensboro Parks & Recreation Department's T-Ball League. We would like to give a big "hello" to all our new players, and a "welcome back" to those returning.

Studies have proven that many children drop out of youth sports at an early age due to frustration, lack of necessary motor skills, and fear of getting hurt. By signing your child up for our T-Ball League, you have taken the first step in ensuring that your child has a safe and successful experience in the world of team sports. We also hope to develop a long-term relationship by introducing you and your family to the many programs we offer at the Owensboro Parks & Recreation Department.

Thank you again for enrolling your child in our *3-4 or 5-6 Year Old T-Ball Leagues*. If you have any questions on how we may improve in the area of quality service, variety of programs, etc., please call me at **(270) 687-8709**.

Sincerely,

Bryson Morrow

Bryson Morrow
Facility Manager

Jack C. Fisher Park Fields 3900 West 5th Street Road

General Complex Rules

1. To preserve the quality of the complex and administer a clean and safe playing surface the following field rules shall apply:
2. ONLY WATER allowed inside fence areas, dugouts and on playing surface
3. No Beverages containing coloring or sugar such as; alcohol, sports or energy drinks, soda, tea, coffee, juices, smoothies, or similar products
4. No Food of any kind
5. No Chewing Gum or sugary candy of any kind
6. No shells; sunflower seeds, peanuts, pistachio, etc.
7. No Tobacco of any kind
8. No Glass bottles or containers of any kind
9. No Pets; except service animals as trained and defined by the Americans with Disability Act
10. No Fireworks or any open flame
11. No Metal cleated shoes or use of wire brush in any form
12. No Stakes, spikes, or other pointed materials used for ground anchoring
13. No Remote-Control Vehicles, recreational systems, or unmanned aircraft such as; drones, airplanes, helicopters, rockets, or similar devices
14. No Unauthorized Use such as; improper material storage, golfing, biking, skating, shot putting, javelin or discus throwing or similar activity
15. At no time shall fields be used for team practice, batting practice, scrimmages, conditioning, or training unless authorized by the City
16. At no time shall field equipment and materials or game items be tampered, manipulated, or misuse
17. Keep field surface free of liter, mud, and debris
18. Fields may be closed at any time due to safety related concerns
19. No hitting and throwing against fence or net material

General Complex Information

- ◆ We will utilize the four (4) main fields inside the complex. Field names are located above each fields' scoreboard.
- ◆ Gates open at 5:30 p.m.
- ◆ Our full service concession stand includes Pepsi products, Gatorade, hot dogs, cheeseburgers, pizza, nachos, popcorn, candy, pretzels, ice cream etc.

Game Information & League Rules

- ◆ 1 hour is scheduled for each game time.
- ⇒ **Combined league** - For the first couple games, practice for the first 15 minutes and then play at least 2 full innings for the last 30 minutes or until time limit is up. For the remaining games, teams should play a game for the full hour.
- ◆ In order to keep the pace going in the game, entire lineups will bat in each inning. Then the other team will bat the following inning.
- ◆ There are no forfeits. If children show up, we play!
- ◆ We do not keep score - the purpose of the league is to teach the basic fundamentals of t-ball in a FUN and NON-COMPETITIVE atmosphere!
- ◆ Outs will not be kept in the league.



Defensive Rules

1. All players present will play in the field. Infield positions (not to exceed 6) consist of catcher, 1st, 2nd, 3rd base, in between 1st and 2nd, and in between 2nd and 3rd. All other players will be spread out evenly in the outfield.
2. Infielders should be instructed not to position themselves where they will interfere with the base runners.
3. A ball that is hit to the outfield must be fielded by a player positioned in the outfield.
4. Coaches should rotate players so that they play in as many different positions as possible. Remember this is a *learning* league, non-competitive.
5. There is no infield fly rule. Play stops as soon as the runner or runners stop, or when an infielder makes an attempt to throw the ball to any base or the pitcher.
6. A fielder cannot get in front of a runner and block the base path when a play is not being made. If a fielder is turned away from the runner, then it is the runner's responsibility to avoid the fielder. A fielder should not run across the field in order to tag out a player. Players should be encouraged to throw the ball to each other. Some children may think that they are capable of playing the whole field; however, this will cause chaos and possible injury so coaches need to stress the importance of teamwork.
7. Play is stopped when a player attempts to throw the ball to the pitcher, whether it is caught or not.



Offensive Rules

1. Bats can be dangerous when used incorrectly. Parents and coaches should teach the dangers of, and the proper use of, batting equipment.
2. ***When the team has gone through half of the batting order once, they will become the defensive team.***
3. The hitting tee will be used at all times for the 3 & 4 year olds. After a child has made three (3) attempts to hit the ball then the coach should assist the child. There are NO strikeouts.
4. The 5 & 6 year old players will only use the hitting tee after a player has first had three pitches made to him/her and has been unsuccessful in hitting the ball. The coach will then place the hitting tee on the home plate for the player to hit off. There are NO strikeouts.
5. The offensive coach should warn the defensive team of a player who can potentially hit a strong ball for the safety of those players located in the infield.
6. One offensive coach will be responsible for instructing the child at bat on how to stand correctly, swing the bat, etc. He will also be responsible for placing and removing the hitting tee. The remaining offensive coaches should stay within the coaches' boxes. One team mom/dad should be in the dugout.
7. Bunting is not allowed. The ball must leave the batting arc.
8. Players advance only one base per hit. The last player in the batting order will go around all the bases.
9. All parents (on BOTH teams) are encouraged to clap and cheer for a player as they come across the home plate.
10. For the safety of the players "On Deck", hitters are not allowed.
11. All batters MUST wear a batting helmet.
12. 5 & 6-year olds only - If the first baseman is blocking first base, the runner does not have to touch first base to be called safe.
13. Stealing of bases is not allowed.
14. The last team to bat is responsible for taking the equipment (helmets, hitting tee, bats and balls) to the complex office.

Batting Tips



- ◆ Stand with non-dominant side facing target.
- ◆ Stand behind and at a bat's length to the side of tee or base.
- ◆ Dominant hand on top of grip.
- ◆ Coil away from the ball.
- ◆ Bat back, over back shoulder.
- ◆ Keep eyes on the ball.
- ◆ Step forward to target, uncoil, swing level and hard.
- ◆ Transfer weight to front foot.
- ◆ Follow through.

Throwing Tips

- ◆ Stand with non-dominant side facing target.
- ◆ Throwing hand and arm way back.
- ◆ Take a big step forward.
- ◆ Turn belly button to target.
- ◆ Throw as hard as you can.
 - ◆ Lead with shoulder, then elbow, forearm then hand.
- ◆ Follow the ball to target with your hand (follow through).

Catching Tips

- ◆ Call it alligator catching.
- ◆ Have the players put his/her glove down close to the ground for grounders.
- ◆ Have them position the other hand on the heel of the glove to prevent the ball from popping up and hitting them in the face.

Coaching Tips

First Base

Show where 1st baseperson is to stand when no runner is on base and when one is on the base. Practice fielding plays; ball thrown to 1B by infielders.

Second Base

Position player in place, anticipating action. Practice fielding plays, such as, tagging a runner out.

Shortstops

Show positions: one between 1B and 2B, the other between 2B and 3B. Practice action, such as, fielding balls and throwing to 1B or 2B for an out.

Third Base

Show position, anticipating action. Practice action such as, player diving to knock down ball.

Pitcher

Stands in pitcher's area but acts as an infielder Practice action, such as, fielding ball and throwing to 1B.

Catcher

Stands behind and away from home plate until ball is hit. Demonstrate, after ball is hit, adult removes tee and bat, catcher moves up to cover plate. Practice actions, such as, catcher tagging base runner out, catcher throwing to 1B.

General Infield Activity

Staying behind Playing Line until the ball is hit. Catching short fly balls. Field balls and throwing to a base or to home plate. Tagging runners on the base path. Relaying a ball from an outfielder to a base, to the catcher at home plate.

Outfielders (there may be five or more)

Position players. Practice catching fly balls in a crowd. "I've got it" Practice catching ground balls and throwing to infield. Have one outfielder receive relay from another and throwing to an infielder.

Batter

Give basic hitting instructions. (see Batting Tips) Practice hitting the ball, then dropping the bat properly and running to first base.

Base Runners

Instruct actions at 1B. Coach at 1B signals to run past base, or to turn and go on to 2B. Instruct that a forced runner on base must advance. A non-forced runner can hold position on base. Player on base watches what next batter does; where the ball goes.

Bench

Team sits in batting order in the dugout, encouraging the batter. Coach talks to team: Listen for instructions. Play fair, follow the rules. Have fun! You are welcome to teach a cheer or two if you would like.

After the Game

Summarize team's activity. Specifics, not generalities. Recognize progress. Note any humorous thing that happened. What's next? Encourage parents to practice with the child at home, and remind everyone of the next game time and field. Other comments, as appropriate.

Remember...Keep it Simple, Keep it Fun!!

Cancellation Policy

Decisions on rainouts will be made by **4:00 p.m.** whenever possible.

To check the status of a game, you may call our **cancellation line** at **270-687-0000**.

Teams should designate one person to first call on behalf of their team, and then contact the remainder of the team. **We will not contact teams** in case of rain. Make-up games will be played if the schedule at the complex permits.

